



# From Breakpoint to Advantage: A Practical Guide to Optimal Tennis Health and Performance

*Babette Pluim M.D. Ph.D, Marc Safran M.D.*

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Muscle imbalance, microtrauma, insufficient recovery, and biomechanical compensations are among the top health risks that tennis players encounter when they compete and practice too much, a common habit among professionals and avid players. This guide to playing healthy tennis offers descriptions and illustrations of the physical complexity of every tennis motion, demonstrating the astonishing array of potential injuries threatening the unprepared player. Optimal performance and low risk of injury are the top results for tennis players who adhere to the training program, proper nutrition, and equipment selection recommendations in this sports medicine manual. Consideration is given to the specific physical risks that juniors, veterans, female competitors, and wheelchair athletes may encounter.

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